



19. Ilmenauer Osterlauf "Rund um die Talsperre Heyda"

Ilmenau, Ortsteil Heyda / 30.03.2024

Detailed evaluation

Tobias Reimann

Club: SV 08 Oehrenstock

Number: 373

Course: 18.50 km

Lange Strecke

Category:

Senioren M55 (55-59) L

Total time: 2:01:28

Speed: 9.14 km/h

Running performance: 6:33 min/km

Rank in course/Total: 100 (of 112)

Rank in course/Men: 79 (of 87)

Best time in course: 1:03:45

Rank in category: 11(of 12)

Best time in the category: 1:20:59

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	9.20	55:06	5:59	10	15:03	74	23:35	9.20	55:06	5:59	10	15:03	74	23:35
Runde	9.00	1:05:07	7:14	11	24:54	85	33:30	18.20	2:00:13	6:36	11	39:57	79	57:05
Finish	0.30	1:15	4:10	12	0:32	86	0:38	18.50	2:01:28	6:33	11	40:29	79	57:43